



Payroll Bulletin Board: Checks/EFT Released this month: June 27; next month: July 27

HERE'S TO FRIENDS, AND LONG LIFE

by Urmila R. Parlikar, MS

When you're five, your friends share their peanut butter and jelly sandwiches at lunch when you forget yours at home. In your 20s, they help you choose a fulfilling career. A decade later, they make you laugh when the stress of a family and a full-time job start to wear you down. In your 50s, your friends help you plan for your retirement. Once you retire, they invite you to join them for a weekly round of golf and encourage you to volunteer at the library. True friendships enrich our lives in so many ways. Can they actually help us live longer? Research over the past 25 years has shown that social relationships can have a positive effect on survival in older adults. But these studies have left many questions unanswered. For example, are all social relationships equally beneficial? Do

relationships with our children and other relatives help us as much as relationships with close friends and confidants?

In an article published in the July 2005 *Journal of Epidemiology and Community Health*, researchers report that older adults with a strong network of friends were significantly less likely to die over a 10-year period than older adults with a smaller network of friends. Strong social ties with children or other relatives, on the other hand, did not positively affect survival.

About the Study

The researchers drew on data from the Australian Longitudinal Study of Aging (ALSA). ALSA began in 1992 and was designed to assess the effects of social, biomedical, behavioral, economic, and environmental factors on the health and well-being of older adults.

The current study was based on 1,477 ALSA participants, aged 70 years and older.

The participants had also described their social networks, which the researchers broke down into four categories: children, relatives (excluding children and spouse), friends, and confidants (including spouse). Based on the level of personal and phone contact and the number of individuals in each network, the researchers ranked the strength of the participants' networks into upper, middle, or lower thirds. The researchers then noted how many study subjects in the upper, middle, and lower thirds of each social network category died over the next 10 years.

The Findings

The researchers found that participants with the strongest network of friends were significantly less likely to die over the

10-year period of the study than participants with the weakest network of friends. This was true even after adjusting for demographic, health, and lifestyle factors, such as age which is known to affect mortality. Participants whose network of confidants ranked in the middle or upper third had a significantly higher chance of surviving over the decade compared to those in the lowest third. However, the protective effect of confidants was not as strong as that of the friends. A strong social network of children and relatives did not have a significant effect on mortality.

This study had two important limitations. First, ALSA did not provide any data about the participants' diet, which could have had a considerable impact on

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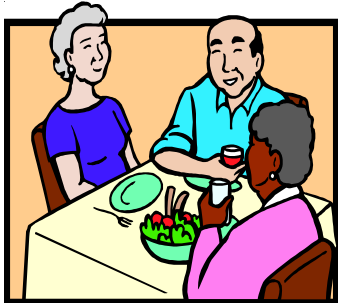
(Friends. . .cont'd from page 1)
mortality. Second, ALSA was not originally designed to study the effects of social networks on mortality, a flaw that may lead to certain biases.

This study demonstrated that older adults with a strong network of friends and confidants lived longer than those with the fewest friends.

Few would argue that a collection of intimate, trustworthy friends can improve the quality of life immeasurably. Interestingly, it now appears that these same friends can measurably affect its duration. So, it may be well worth the extra effort it takes to stay in touch.

RESOURCES: National Institute on Aging
National Institutes of Health
www.nia.nih.gov

US Administration on Aging
<http://www.aoa.gov>



NEWS NOTES

From Mort Juberg

Silver Spring, Maryland.

The theme for the 59th General Conference Session in Atlanta, Georgia, in 2010 will be "Proclaiming God's Grace."

Atananarivo, Madagascar.

About 1,151 new members were baptized into the church at the Mahamasimo Stadium. One hundred pastors performed the baptisms. This came as a result of more than four months of concerted effort by the Madagascar Church members to reach their neighbors with the message of Jesus Christ.

Bucharest, Romania.

Hope has come to this country in the form of Speranta TV which offers 24/7 programming. Speranta in the Romanian language means "hope." The channel is fully owned by the Adventist Church in Romania. Teodor Hutanu, president of the church in Romania, said the development of this channel makes the church more responsible to spread the gifts of love and hope.

Lagos, Nigeria. Following the footsteps of other countries, the governments of Lagos and Kano have filed a lawsuit against the to-

bacco companies operating in the country. The lawsuit points out that even though the tobacco companies have admitted to the fatal consequences of smoking they still target the young people in Nigeria. These cities are hoping to recover billions of dollars to offset treatments for tobacco related illnesses.

Takoma Park, Maryland.

Washington Adventist Hospital has announced plans to move to a location near the White Oak section of Montgomery County. It plans to expand and increase access to the communities it serves.

Source: Adventist News Network

RETIREE ADDITIONS AND DEATHS

We regret to inform you that due to unforeseen technical difficulties we will not be able to publish the column that lists our new or recently deceased retirees in this issue. We are optimistic regarding a resolution and plan to resume the column in the July *Reflections* issue with the First Quarter '07 listing. We appreciate your kind patience and understanding. Sincerely,

Dolores Allen
Editor

THE INSIDE SCOOP



DISASTER SURVIVORS

In many states throughout North America disaster survivors are being assisted by Adventist Community Services Disaster Response (ACS DR). Currently, the biggest need is in Kansas where tornadoes damaged or destroyed 95% of Greensburg. Because so much of the city has been affected, it is difficult to accept goods at this time. Their greatest need is for financial assistance. Monetary donations will allow the purchase of needed goods and provide a much needed boost to the local economy.
Contact: 800-831-7171 or www.communityservices.org, or designate ACS DR on your tithe envelope to donate.

THE ADVENTIST URBAN CONGRESS

at Oakwood College in Huntsville, Alabama, July 22-27 is the first major gathering in NAD in more than 100 years to be focused on the needs of

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President's Corner

By Steve Gifford

May 13, 2007

Dear Retiree,

Yesterday (May 12) I preached at Jefferson Christian Academy, an amazing school that should have died years ago, because there wasn't enough money to keep it going. Then three factors converged to create a wonderful success story.

The school was owned by the Texas Conference, but enrollment was too low, costs were too high, and finally the conference had to say, "We can't run this any longer." The community said, "We'll run it." And they set to work with a vigor. A layperson was elected board chair, they marketed for students, and retirees taught classes at a fraction of a regular salary. So there are the three factors that created success - community involvement, marketing, and retired workers.

Then tragedy struck. Their excellent principal, Greg Mooney, was called to help repair the school van that had broken down. He traveled 150 miles or so, arriving at the van, full of students, about 2:30 AM. A preacher driving a black Lexus fell asleep at the wheel, and ran into Greg on the side of I-20 at Canton, TX., and killed him. Greg leaves his wife, a boy at home, and 3 children attending SWAU at Keene.

The little school is picking itself up from this tragedy, and going forth. I have a reason for telling you this. They need a retiree or two to help teach classes next school year. Interested? Write Elder Bob Elliott, 129 Berea 7, Jefferson, TX 75657, or e-mail him at bobeth.elliott@gmail.com. He'd love to hear from you.

Cordially,
Stephen Gifford

INFORMATION ON THE REFORMATION TOUR

The dates are January 16-23. Trip cost is \$750, + the cost of your airfare to Berlin .

REPORTING the DEATH of a RETIREE/SPOUSE

The following information has been compiled to assist the surviving relative (spouse, child, etc. or friend in reporting the death of a retiree or a retiree's spouse.

1. In the sad event of a death it is very important to *contact the Retirement Office immediately*, as future benefits can be affected if there is a surviving spouse. Please contact the Retirement Benefits Assistant who handles the part of the alphabet that begins with the first letter of the deceased's last name to report the death. If that person is not available at the time you call, please leave a message and he or she will get back to you as soon as possible. The telephone numbers and alphabet distribution are as follows:

Joyce Keeler (A-C)
(301) 680-6288

Joyce.Keeler@nad.adventist.org
Diane Gatling (D-G)
(301) 680-6289

Diane.Gatling@nad.adventist.org
Hellen Gorde (H-J)
(301) 680-6235

Hellen.Gorde@nad.adventist.org
Linda Tatum (K-M)
(301) 680-6274

Linda.Tatum@nad.adventist.org

NAD Retirement Plans

Del Johnson
Administrator

Lyn Wick
Associate Administrator
Judy Glass
Associate Administrator

Send comments and suggestions to:
Dolores Allen, Editor
Reflections
12501 Old Columbia Pike
Silver Spring, MD 20904-6600
Email:
dolores.allen@nad.adventist.org
Website <http://www.nadadventist.org/ref>

ARM: 1-800-447-5002
Healthcare Claims Queries

SHARP: 301-680-5036
SHARP@nad.adventist.org
Healthcare Eligibility Queries

Submit all claims to:
Adventist Risk Management - SHARP
PO Box 4088
Silver Spring, MD 20914-4088

Medco Health: 1-800-841-5396
Verify pharmacy participation with Medco Health

Steve Gifford
President, NAD Retirees Association
817-271-1160
2712 Dorothy Drive
Cleburne, TX 76031
Email: LFORD99@aol.com

Payroll: 1-888-838-8955
Bulletin Board of Payroll Information

NAD Retirement Department
Fax: 301-680-6190

Barbara Yowell: 301-680-6244
Lost checks, direct deposits, 1099R, Tax withholding, Change of Address, Verification of Benefits for loans, Housing, Medicaid

Dolores Allen: 301-680-6249
General Retirement Office Information

Chris Meier: 301-680-6192
Reporting a Death, Disability Reviews

Diane B. Gatling: 301-680-6289
Tuition Assistance for Children

(Reporting ...cont'd from page 3)

Sharon Kuykendall
(N-R) (301) 680-6283

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Karin Dortch

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Karin.Dortch@nadadventist.org

Chandler Riley (V-

Z) (301) 680-6270

Chandler.Riley@nadadventist.org

Chris Meier—Benefits

Sec'y 301) 680-6192

Christine.Meier@nadadventist.org

2. Single life and survivor spouse benefits need to be discontinued as soon as possible after the date of death. A relative or close family friend should be chosen to make the phone

call to Retirement, unless there is an executor of the estate.

3. The Retirement Plan requires that a death certificate be on file in order to process a death benefit. The death certificate may be faxed to (301) 680-6190, or mailed to

NAD Retirement, ATTN: (Benefits Assistant-Name), 12501 Old Columbia Pike, Silver Spring, MD 20904-6600.

4. The Retirement Office will usually be able to give a death benefit amount (if retiree or spouse is eligible) during

the phone call, and often *survivor benefits* can be quoted as well, if applicable. However, in many cases we will need to re-search our files and get back to you with this information.

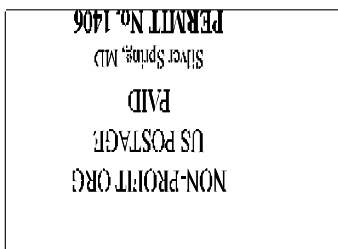
5. We will need the name, address and telephone number of the person who is to receive the death benefit check. *Please note that the death benefit shall be paid to the surviving spouse, or if there is no surviving spouse, to the person who has undertaken responsibility for the funeral arrangements.*

Please file this with your important papers.

(Inside...cont'd from page 2)

urban communities. Speakers will include Ron Sider, well-known advocate for the poor and professor at Eastern University in Philadelphia; Barry Black, U.S. Senate Chaplain; well-known Adventist names such as E. E. Cleveland, Charles Bradford, and more top speakers and advocates. Contact: www.plusline.org/events or call 800-732-7587 for more information.

Source:
Friday FAX - 6-01-07



**General Conference of SDA
NAD Retirement Plans
12501 Old Columbia Pike
Silver Spring, MD 20904-6600**